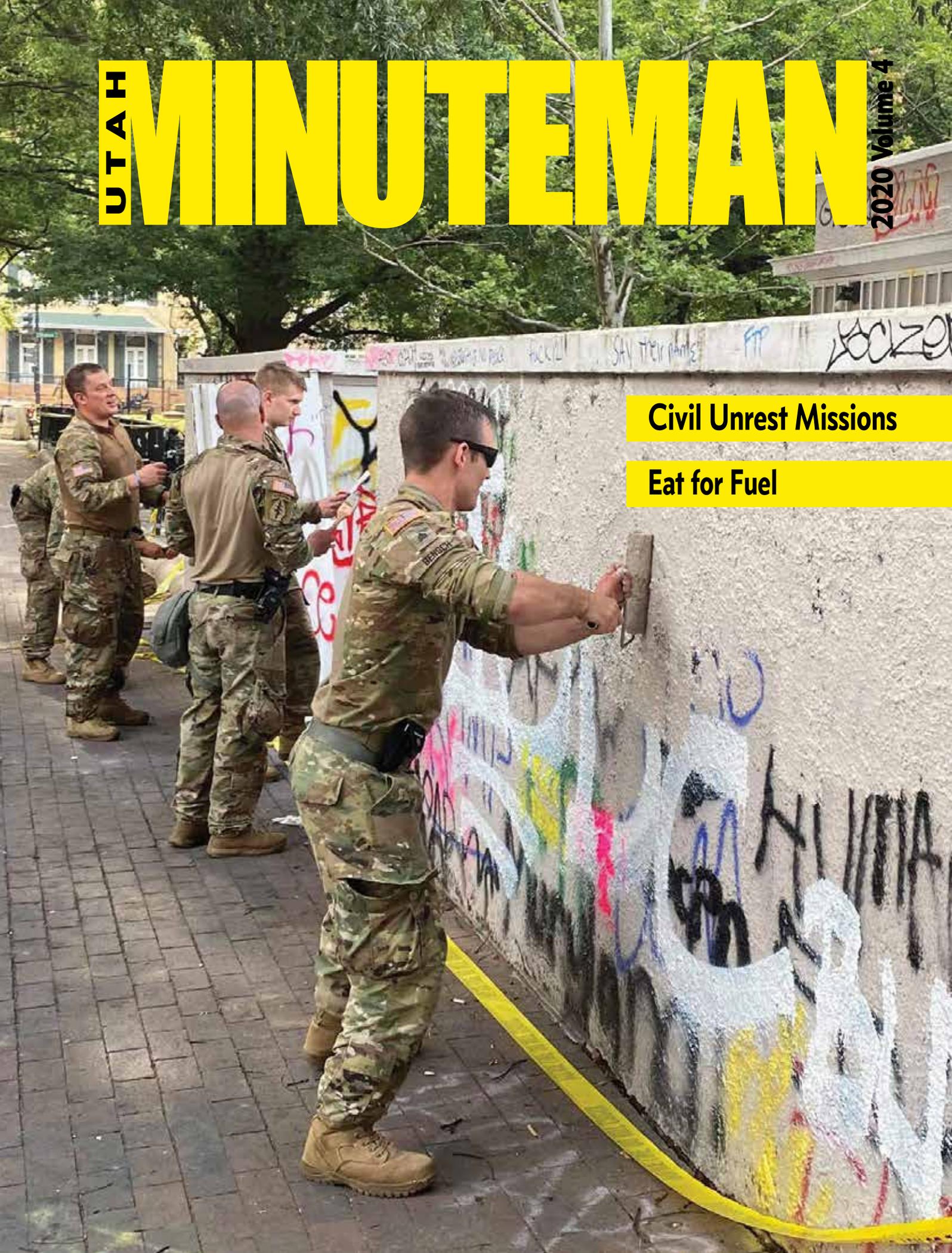


UTAH MINUTEMAN

2020 Volume 4



Civil Unrest Missions

Eat for Fuel

Major General Michael J. Turley



The Adjutant General

Soldiers and Airmen of the Utah National Guard, with all of the challenges we have faced this year, I hope you and your families have taken the opportunity to spend time and enjoy each other! With the COVID-19 obstacles to “typical” training plans, I see busy months coming!

Remember that readiness of our force is critical as we face a newly competitive global power environment, that partnerships with our employers, federal “war-trace” headquarters, and state government help us to be more effective, and that effective and efficient processes help us to do more in less time, with fewer resources, and make us better stewards of the resources we have already been given.

I have said before that we are now living in a much more competitive global-power environment, an environment with two major competitors, Russia and China, who have really reset global relationships while we have been engaged in the global war on terrorism. Our training must be focused on major land/air warfare with peer-level adversaries. We must change our “sight lines” from working in a COIN environment, with permissive entry into theaters, deployment schedules, and low-tech adversaries, to area denial into theaters, trigger and rapid deployments based on adversary actions, and high-tech weapon systems that rival our own. The term of art in the Department of Defense is Dynamic Force Employment.

In addition, we must develop habitual relationships that allow us to work with our partners in adverse and uncertain scenarios both for war, as well as consequence management. Information operations in this new global power dynamic can be seen in the Russian and Chinese propaganda we see in media and in corporate connections. Knowing who we can work with and who we must watch is paramount to understanding and executing a Grand Strategy.

Finally, resource management is going to be an issue across the Department of Defense as we update and upgrade our weapon systems. The days of large and fairly unmanaged operational contingency funding streams are over. We must be mindful of the use of funds for personnel, as well as operations and maintenance. Every dollar we save from waste can be used to build a better tank, aircraft, radio and to recruit the right Soldiers and Airmen. Always remember we are the stewards for the American taxpayer in national security.

I am excited to work with this team of Airmen and Soldiers! You are the best of Utah and America. Bring your brain to every opportunity, your energy and enthusiasm to every training event, your integrity and morals everywhere! 🇺🇸

Command Sergeant Major Spencer Nielsen



Senior Enlisted Leader

I am deeply honored to serve the Soldiers, Airmen, families, and civilian employees of the Utah National Guard as your Senior Enlisted Leader. My pledge to the team is that I will strive every day to be an advocate and champion for the dedicated men and women who make this organization

what it is – the premier National Guard organization in the inventory. We, as Soldiers and Airmen, are benefactors of those who have served before us and bestowed to us a legacy of organizational excellence. Through our service, we have an obligation to honor and sustain that legacy forged by so many.

We are serving during tumultuous times. The global COVID pandemic and calls for social change are presenting unique challenges to our organization, state and republic. These challenges also present occasions for self-reflection, organizational assessments, and evaluation of the status quo. Let us face these challenges head-on, learn from our present and past, and emerge from this moment of turbulence as better people, an improved organization, and a more inclusive society. We are a proud organization that has served our state and nation with honor and distinction on countless occasions, but we can always do better. Let’s seize the moment and always capitalize on opportunities to improve.

Just before Pioneer Day, the Adjutant General and I released a message to force, which introduced the “It Starts with Me” initiative. This initiative realizes that the future success of this organization is the responsibility of each and every one of us. The scourges of racism, sexism, sexual harassment, and sexual assault have no place in the military profession. These destructive behaviors degrade organizational effectiveness and ultimately result in mission failure. Over the coming weeks, we will be introducing additional media and information in support of this initiative. Together we can rid our formations of these destructive forces, and it starts with each of us.

Over the past few weeks, I’ve had the opportunity to attend the dedications of a veteran’s memorial in Bicknell and a Gold Star Family memorial in North Ogden. Both are beautiful monuments that pay homage to the service and sacrifices of the men and women in uniform and their families. They also serve as humbling reminders that a price has been paid for the freedoms and opportunities that our great republic provides. The founding principles of this nation are worth the fight and no price is too great to maintain the ideals of equality, justice and liberty on which this nation was formed. The American public is counting on us to preserve those principles and ideals. This is our organization, we are the Utah National Guard, and I have complete confidence that we will rise to this and every challenge presented to us. 🇺🇸



STATE PARTNERSHIP PROGRAM

Members of the Utah National Guard's Traveling Contact Team support the Royal Moroccan Air Force in Morocco with its new purchase of the AH-64D helicopters. This meeting further established coordination of bi-annual TCT visits to Morocco and familiarization visits to Utah, Jan. 29, 2020. Left to right: Col. Ricky Smith, director of aviation and safety; Maj. Joseph Tait Larson, 1st Battalion, 211th Attack Reconnaissance, operations officer; Capt. Kenny McWilliams, State Partnership Program coordinator; Chief Warrant Officer 5 Travis Harris, DAS state aviation safety officer; and Chief Warrant Officer 5 Bruce Remund, DAS state aviation maintenance officer.

PHOTO COURTESY OF Utah National Guard's State Partnership Program



Maj. Jaime Thomas Public Affairs Officer

We continue to live through unparalleled times in our nation, requiring assistance from the Utah National Guard on levels not seen before in our recent past.

Communication remains paramount and it remains our focus in the Public Affairs Office. We continue to document our story and to share that story on our multiple communication channels to include our website (ut.ng.mil), Facebook (@[utahnationalguard](https://www.facebook.com/utahnationalguard)), Twitter (@[UTNationalGuard](https://twitter.com/UTNationalGuard)), Instagram (@[utahnationalguard](https://www.instagram.com/utahnationalguard)), Youtube (@[utahnationalguard](https://www.youtube.com/utahnationalguard)), and Flickr (@[utahnationalguard](https://www.flickr.com/photos/utahnationalguard)). Join us on these channels to receive the most current information on resources and to find updates on the Utah National Guard and our story.

This volume of the Minuteman Magazine features our many stories during these unprecedented times to include the response to civil unrest, as well as other great stories such as the State and Regional Best Warrior Competition. We hope that you enjoy this issue for its authenticity of capturing some of these unique experiences.

The Utah National Guard is a premiere organization with amazing Soldiers, Airmen, and families. We look for creative ways of telling the Utah Guard's story and we want you to be a part of it. Help us tell our story. Please submit ideas to the Public Affairs Office by contacting us at the email or phone number below.

Please feel free to contact our office at any time at ng.ut.utarng.list.pao@mail.mil or (801) 432-4407. 📧

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FEATURE

20 Civil Unrest in the Nation's Capital

Soldiers from Utah Guard's 19th Special Forces Group (Airborne) respond to Washington, D.C. National Guard's request for support.

COVER PHOTO

Utah National Guard Soldiers in the 19th Special Forces Group (Airborne) help clean up vandalism at Lafayette Park, Washington, D.C. June 3, 2020. The Utah National Guard was in the area assisting the Washington D.C. National Guard during protests after the George Floyd civil disturbances.

— PHOTO BY Spc. Jacob Jespersen

See additional content and download photos at: UT.NG.MIL

Editorial Board

Commanding General, The Adjutant General **Brig. Gen. Michael Turley**
 Editor in Chief, Public Affairs Officer **Maj. Jaime Thomas**
 Managing Director, Public Information Officer **Ms. Ileen Kennedy**

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Email submissions to: ng.ut.utarng.list.pao@mail.mil

Coverage: For significant statewide events contact:

ng.ut.utarng.list.pao@mail.mil
 Maj. Jaime Thomas (801) 432-4407 or
 Ileen Kennedy (801) 432-4229

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Race and Ethnic Diversity in the Workplace

With tensions heightening around national incidents of social inequality and many other issues, the Utah National Guard Equal Opportunity office sprang into action hosting two small group workshops. The workshops allowed members to voice their opinions and feelings about these issues in a safe, confidential environment. The workshops were open to all with the offer to ask tough questions about discrimination, unfair treatment and workplace issues. All participants could ask any questions without fear or worry of retribution from leaders or peers.

The purpose of the workshops were to help command leadership understand the current operating environment with regards to discrimination and inequality within the Utah National Guard. Additionally, it was also meant to instill confidence among Utah National Guard members that leadership is aware of the concerns and supports efforts to foster a diverse and inclusive workforce.

A seven member team from the Military Support Programs was organized to help facilitate the workshops and answer questions. Team members were Col. Joseph Green, chief of staff; Ms. Keisha Worthen, sexual-assault response coordinator; Lt. Dennis Ohiku, chaplain assistant; Lt. Col. Gene Whitmore, state support chaplain; Mr. Travis Bringhurst, state equal employment manager; Mr. Kenton Francis, psychological health coordinator; and Maj. Byron Harvison, judge advocate. This group answered a variety of questions and addressed concerns surrounding topics ranging from individual workplace difficulties, unit problems and issues nationwide.

Many of the workshop participants asked great questions on how to improve the Utah National Guard and how to better participate in the equal opportunity program. They provided feedback and suggestions about diversity and inclusion, leadership management, mentorship and communication from the top all the way to the bottom. All the suggestions and tips were taken into consideration and summarized into a report to assist command with both

the equal opportunity program and the overall operational functions of the Utah National Guard.

Some suggestions prompted the command to act quickly to implement and make immediate changes to help better the organization in communication and leadership. Changes included improvement in communication procedures pertaining to the distribution and dissemination of information and the education and training of young leaders and their development. However, other suggestions will take time to implement and will require close assessment, team analysis to identify specific goals, and recommendations to changes in policy to correct the problems at hand.

One of the concerns brought up during the June workshop was the lack of diversity. This included racial, ethnic and gender diversity in the leadership ranks and overall Utah National Guard members. The lack of diversity can be due to many factors, such as the demographics of Utah, the time in which females have been allowed into combat-arms positions, programs changing and many other events. But the truth of the fact is, there needs to be more diversity in the Utah National Guard ranks. Command and leadership have acknowledged this fact and have a plan in place and are continuously working in order to reach the Utah National Guard diversity and inclusion goals.

Together, we can become stronger by understanding that diversity is the key to innovation and inclusion is the key to team cohesion. Both diversity and inclusion ensure we have the most talented personnel in our organization.

Although the Utah National Guard faces many challenges today, its members, Soldiers, Airmen and force are its base. The command and equal opportunity office will continue to lean forward to remove barriers to equal opportunity and to build a diverse and unified force, in order to provide the positive environment we all need to perform at our best while serving our state and nation. 🇺🇸

— ARTICLE BY Mr. Travis Bringhurst
State Equal Employment Manager



Col. Joseph Green, Chief of Staff

Green is the chief of staff for the Utah Army National Guard. His last assignment was commander, 300th Military Intelligence Brigade. He joined the Utah National Guard in 1993. He is a graduate of Brigham Young University earning a degree in Spanish Translation and Interpretation with minors in Jazz Guitar and several languages such as Arabic, Spanish, German, and Biblical Hebrew. He also graduated from the U.S. Army War College. He has deployed several times and his awards include the Legion of Merit and the Bronze Star Medal. He and his wife, Brenda, are the parents of four children.



Mr. Travis Bringhurst, State Equal Employment Manager

Bringhurst joined the Utah National Guard in 1994 as a fire direction specialist. He received his degree from Southern Utah University and commissioned as an officer through the ROTC program in 2001. He retired as major in 2020 after 24 years of service. His final position was human resource equal opportunity officer previously working for the state of Utah as an employment counselor, which put him on his career path to working full-time for the UTNG Human Resource department. He currently serves as the state equal employment manager in which he oversees diversity and equal treatment of all military and civilian members of the UTNG.



Ms. Keisha Worthen, Sexual Assault Response Coordinator

Worthen received her degree from Southern Utah University before she joined the Utah National Guard in June 2008. She graduated from basic training in Fort Jackson, South Carolina in May 2009, and commissioned in September 2009 as a 2nd Lt. through Officer Candidate School. As a major, she left the Utah National Guard to raise her two young boys. She works full-time as the Utah National Guard sexual assault response coordinator and has been with Family Programs for seven years. Previous to this position she worked as a juvenile counselor in a detention facility.



Kenton L. Francis, Psychological Health Coordinator

Francis is a licensed clinical social worker for the Utah Army National Guard. He works full-time as a psychological health contractor and is an MDAY (traditional) behavioral health officer for the 204th Maneuver Enhancement Brigade. Ken has worked for the Guard since 2011 and has been an officer since 2016.



Maj. Byron Harvison, Judge Advocate

Harvison has served as the judge advocate for the UTNG since 2013. He previously served in the regular Army with units in Baumholder, Germany and Fort Bragg, NC. He commissioned as an armor officer through ROTC at Sam Houston State University after serving as an enlisted as a 19K in 1999. He earned a Bachelor of Fine Arts in Art-Photography from Sam Houston State University, and his Juris Doctor from University of Tulsa College of Law. He is an avid climber, and serves on the Justice, Equity, Diversity, and Inclusion board for the Salt Lake Climbers Alliance, and as a chair for the American Alpine Club.



Chaplain (Lt Col) Gene Whitmore, State Support Chaplain

Whitmore is the full-time state support chaplain for the Utah National Guard. Prior to becoming the state support chaplain he worked as a college professor and investment advisor, and still moonlights in those areas. He is a voracious reader who likes to keep his finger on the pulse of society, an interest that serves him well in his chaplain role as he tries to monitor the well-being of National Guard service members.

Eating for Fuel

Soldiers are becoming more familiar with the Army Combat Fitness Test, and they are also beginning to train differently in order to prepare for the new physical fitness test. However, what some Soldiers may not realize is that a change in training requires a change in nutrition. The ACFT was designed to increase a Soldier's overall physical capacity and endurance. While the Army Physical Fitness Test was a fair assessment of muscular endurance and aerobic endurance, Soldiers must also possess a significant physical capacity in all areas of fitness including power, strength, agility and speed. Ultimately, Soldiers require performance sustainability at a higher energy output. The energy that your body is able to put out is only as good as your daily nutrition. Equally important as having the adequate nutrition for performance, is having the much-needed nutrients for recovery. Proper nutrition must support both performance and recovery, enhances muscle-power, boosts strength and endurance, and decreases injuries.

CARBOHYDRATES

Glycogen is the storage form of carbohydrates and is the fuel your muscles use for energy. Because of the higher intensity and longer duration of the ACFT, glucose and glycogen stores are depleted at a much higher rate. When muscle glycogen is depleted, performance is impaired, fatigue sets in quicker, and the level of muscle breakdown increases. Workouts should begin with adequate muscle glycogen stores, as well as adequately replenishing these stores to prepare for workouts on subsequent days without impeding results.

Carbohydrates have a bad reputation for making you fat. The key with carbohydrates is finding the right carbs and not avoiding them completely. There are two types of carbs, complex and simple. Simple carbs have simplistic nutrition and primarily make up the foods that we should be limiting in our diets such as baked goods, candy, white breads and concentrated juices. Complex carbs pack in more nutrients, are higher in fiber and digest more slowly, making them more filling and a good option for weight control. When selecting breads and pastas, choose the whole grain option versus an enriched grain. The process of enrichment strips the grain of nutrients, fiber and healthy fats. Yes, some of the nutrients are added back in through enrichment, but not all of the fiber. This process leaves you with a simple carb.

COMPLEX CARBS	SIMPLE CARBS
<i>*Digest slowly, prolong energy, fuller longer, high fiber, carbs used for energy</i>	<i>*Digests fast, added sugar, spike in blood sugar, hungry sooner, carbs converted into fat cells</i>
Sweet potatoes	White bread
Brown rice	White rice
Oatmeal	Candy
Whole grain pasta/bread	Pretzels/chips
Quinoa	Corn
Beans	Potatoes
Green vegetables	Cereals
Most fruits	Refined sugars
Nuts/seeds	Baked goods

PROTEIN

Protein repairs the damage done to muscles during intense training, builds new muscle tissue, as well as provides the body with nutrients to burn rather than its own muscle. It is a main nutrient that every person needs regardless of exercise routine, but more intense and frequent workouts call for more protein than the average person. It can be confusing trying to determine how much protein you need a day. The recommended dietary allowance of protein for the average sedentary person is figured by multiplying your body weight by 0.36, giving you the amount of grams that should be eaten daily, but that's just the minimum needed to keep from getting sick. That requirement jumps two to three times higher for people that follow a workout regimen.

There are a variety of ways to add more protein to your diet whether it is through food, such as chicken breast, egg whites, lean ground turkey, Greek yogurt and low-fat cottage cheese. Protein powders are a quick and easy way to up your daily protein intake, and with a large variety on the market they can be matched to meet any dietary preference or food allergy. A quick absorbing powder, such as a whey concentrate or isolate, is important for post workout when your muscles are torn down and ready to absorb everything you feed them, like a sponge. Whereas, a powder that absorbs more slowly such as casein protein would be a better choice before bed to ensure delivery of amino acids to the body over an extended period of time.

FAT

Fats are another essential macronutrient that your body needs to function properly. Much like simple and complex carbs not all fats are created equal. Essential fatty acids such as Omegas along with unsaturated fats polyunsaturated and monounsaturated are all healthy fats that our bodies need. They help absorb nutrients, as well as play an important role in hormones. They also aid in the recovery process by reducing inflammation after workouts. Although saturated fats fall under the “bad” category they should not be completely cut from our diets but rather limited. Not only does saturated fats play a role in testosterone production, but foods with saturated fats, such as dairy and coconut, also have other vital nutrients. Trans fat is the true “bad” fat found in baked goods and fried foods that wreaks havoc on our bodies and should be cut from our diets.

GOOD FATS	BAD FATS
<i>*Unsaturated and Omegas</i>	<i>*Trans and Saturated Fats</i>
Avocados	Whole fat dairy
Salmon	Processed lunch meat
Nuts	Fried food
Olive oil	Chips
Nut butters	Crackers
Whole eggs	Pastries
Chia/flax seed	Red meat

RECOVERY

Proper recovery is just as important as the preparation. Recovery starts by Refueling nutritionally. Refilling glycogen stores that were burned up during the workout will provide the body and brain with the fuel needed to recover and adapt to the training session. To maximize muscle repair from all the muscle breakdown that took place throughout the workout, focus on protein and amino acids so your body is able to Rebuild cells. Muscle fatigue and cramping can often deter a workout plan. Rehydrating will transport nutrients throughout the body, regulate body temperature and replenish sodium to reduce these symptoms.

Providing our bodies, muscles and cells with quality, nutrient-dense foods is one of the best habits anyone can get into. For us as Soldiers it is more important that we are eating to fuel our bodies to perform at the fitness level required. Do not allow poor nutrition to be a limiting factor. Properly fueling your body will enhance your exercise potential and performance. 🍽️

— ARTICLE BY 1st Sgt. Tina Semanoff

UTAH

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Breakfast Scramble

INGREDIENTS:

4 egg whites
1 whole egg
1 cup spinach leaves
Sliced cherry tomatoes
1/4 cup black beans
Salsa

DIRECTIONS:

Scramble eggs. In separate pan sauté spinach leaves, tomatoes and black beans in light olive oil until spinach leaf wilt. Add in scrambled eggs and heat through. Top with salsa.



Overnight Oats

INGREDIENTS:

1/2 cup old-fashion oats
1/2-3/4 cup unsweetened vanilla almond milk or water
1/2-1 scoop vanilla protein powder
1/2 tbsp chia seeds
1/4 cup plain Greek yogurt
1/4 tsp cinnamon (optional)

DIRECTIONS:

Combine all ingredients in a 16 oz. container or mason jar. Use any combination of toppings: berries, slivered almonds, pumpkin seeds, bananas, raisins, chopped apples, dark chocolate bits, peanut butter/peanut butter powder.



Vegetable Pancake

INGREDIENTS:

2 egg whites	1 tbsp olive oil
1 whole egg	1/2 tbsp chia seeds
1 cup yellow squash / grated	Salt / sprinkle to taste
2 garlic clove	1/3 tsp pepper
Onion / chopped	1/3 tsp paprika

DIRECTIONS:

Spread half the olive oil in a sauce pan, sauté squash, garlic and onions in olive oil until browned. Transfer vegetables to a mixing bowl, add eggs, chia seeds and seasonings then stir together, covering vegetables with eggs. Pour half olive oil and vegetable mixture into sauce pan in pancake-size patties, brown on each side to cook egg through.





Utah National Guard Soldiers attend Active Guard Reserve Academy as new AGR hires, June 27-30, 2020.

New Academy Prepares Utah Guard Employees for Success

Thirteen Utah National Guard Soldiers arrived before sunrise to kick off the first-ever Active Guard Reserve Academy hosted at Camp Williams, Utah, June 27-30, 2020.

The inaugural class started with a four-mile run led by the Utah National Guard's Senior Enlisted Leader, Command Sgt. Maj. Eric Anderson.

"As active-duty Soldiers you are the top 10 percent of the Utah National Guard," Anderson said at the conclusion of the run. "Top 10 in academics, professionalism, and physical fitness. You are an example to the M-Day Soldiers of what is expected."

Each day of the four-day class began with a physical-training session led by one of the Utah National Guard's command sergeants major.

"It's important to start each training day with physical fitness because we want to emulate the battle rhythm that we expect from each one of these active-duty Soldiers," explained Master Sgt. Corey Bybee, AGR Academy non-commissioned officer-in-charge.

The four-day program covered topics especially important to training and readiness NCOs. The topics showed students everything they needed to know to schedule their Soldiers for training, put Soldiers on orders, fix pay issues and more.

"The idea for the academy started because we saw a lot of

new readiness and training NCOs struggle for the first three to six months of their employment," Bybee said. "We wanted a class that would get these new AGR hires the information they need to immediately start doing their jobs."

Another priority of the class was to give students access to Army systems and programs that are crucial to their mission accomplishment. According to Bybee, too many new AGRs start their new position without the programs that are vital to do their jobs.

Bybee has committed to be at every newly hired AGR's in-process day to help mitigate this issue. He plans on taking each new AGR to each department at the Draper headquarters and personally make sure they have all the tools and systems they need to be successful.

The AGR Academy is the first of its kind in the Utah National Guard and Bybee hopes it will set the standard for similar programs across the country.

"We hope that our success here in Utah will lead other National Guards and Reserve Commands to replicate our course," Bybee said. "This academy is the combined knowledge of our most talented and competent AGR Soldiers. Is it perfect? No. Will we continue to refine and improve it? Absolutely." 📧

— ARTICLE BY Staff Sgt. James Dansie



The Utah National Guard held the first-ever Active Guard Reserve Academy at Camp Williams, Bluffdale, Utah, with 13 Soldiers attending the four-day program, June 27-30, 2020.

— PHOTOS BY Spc. Jacob Jespersion

Service Member and Family Assistance

The Military Community and Family Services office would like to announce changes to the Family Assistance and Family Readiness Teams. As of Jan. 1, 2020 the programs merged to form the **Service member and Family Assistance Team**. The SFA team is your point of contact for all things regarding Family Assistance and Family Readiness.

This change in programming means the Soldier and Family Readiness Group will be maintained by the commanders of each individual unit, company, team or battery. The SFA team provides training and record maintenance, as well as guidance to command teams.

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6. Draper	801-432-6513
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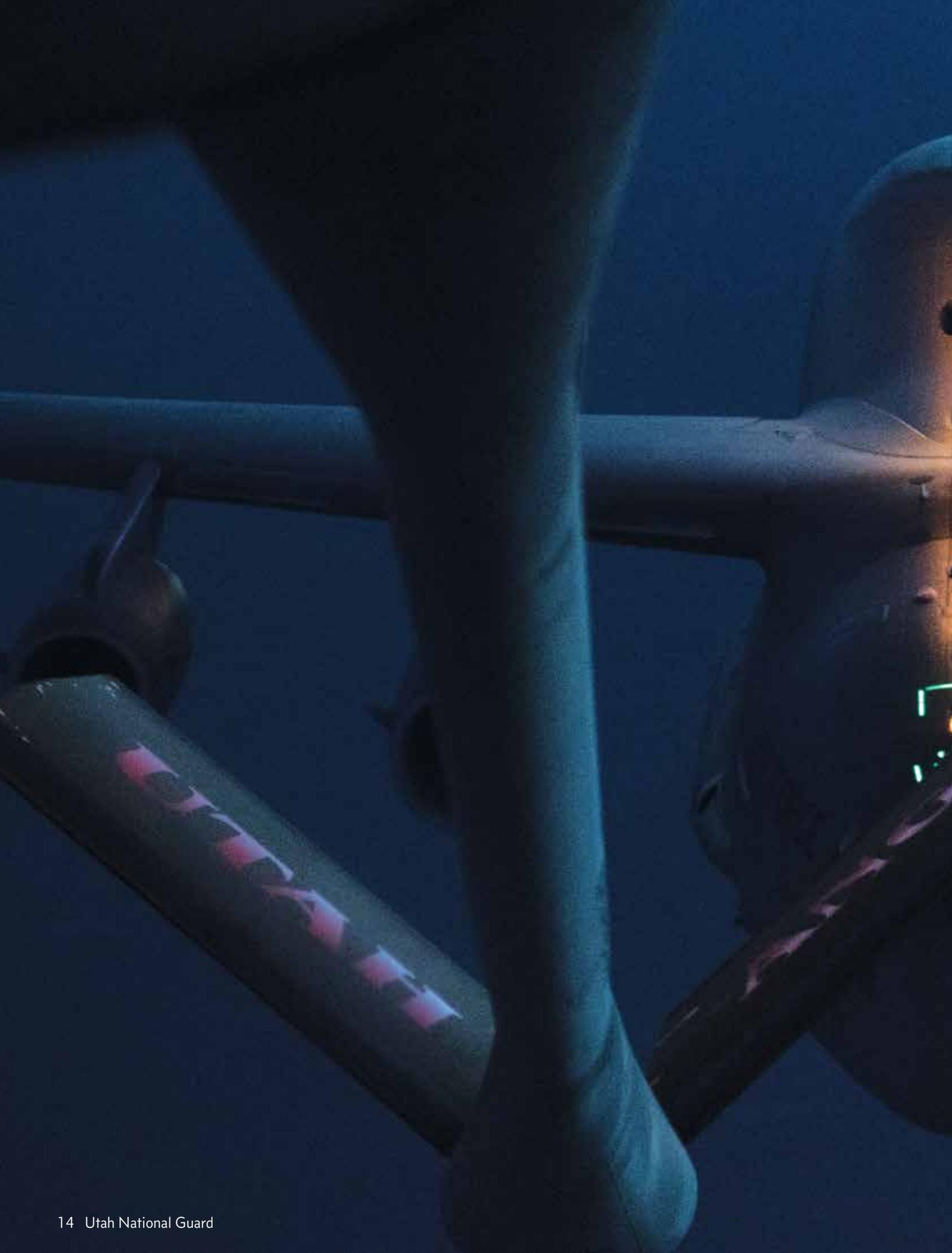
Utah Family Assistance Centers assist service members and their families and are open to all military branches: Army Guard, Air Guard, active-duty Army, Air Force, Coast Guard, Marines, Navy and all Reserve components.

Reforged Best Warrior Competition Names Utah Soldier of the Year
Sgt. Justin Tomlinson with the 19th Special Forces Group (Airborne) makes his way to the finish line during the ruck march portion of the state-level Utah National Guard Best Warrior Competition held July 7, 2020 at Camp Williams, Utah. Tomlinson finished the competition and was named Utah Soldier of the Year. He went on to compete in the Regional Best Warrior Competition at the end of July.

UTAH ARMY NATIONAL GUARD PHOTO BY Sgt. 1st Class John Etheridge







NIGHT REFUELING MISSION - A C-17

Globemaster III from Joint Base Lewis-McChord receives fuel from a Utah Air National Guard KC-135 Stratotanker during a training mission May 19, 2020 over northern Utah and southwestern Wyoming. U.S. Air Force C-17s have played an integral role in fighting COVID-19 by delivering vital supplies and transporting patients for medical treatment.

U.S. AIR FORCE PHOTO BY Tech. Sgt. Natasha Stannard



National Guard Reaction Force Civil Unrest Mission

If last year you had asked a Utah National Guard Soldier whether they thought they would ever be asked to support local law enforcement in downtown Salt Lake City, my guess is that they would have said “No.” Fast forward to 2020, when we are now facing earthquakes, killer hornets, a global pandemic, and protests across the nation. Looking at the current situation, we are faced with the stark reality that the National Guard Soldier must be ready, able, and properly equipped to assist with a wide array of tasks, including riot control within their own city. Regardless of how unlikely it might have seemed in the past; the Utah National Guard was ready and able to answer the call as hundreds of Soldiers were called to support local law enforcement to protect life and property within the downtown Salt Lake City area.

Every other year, the 142nd Military Intelligence Battalion conducts a large-scale training to support their National Guard Reaction Force (NGRF) mission, including law enforcement lead riot control exercises. Within these exercises, National Guard Soldiers are taught by experienced law enforcement officers on how to properly handle and use non-lethal means to control a crowd, as well as methods to protect themselves, fellow Soldiers, and law enforcement officers. Soldiers are taught how to properly use non-lethal equipment, such as a shield and a baton. The shield is used as a defensive measure to protect oneself from specific attacks, whether close-ranged or projectiles such as rocks or bottled water. Soldiers are also taught how to work together to form a single line and lock shields, as to create a wall to prevent any movement to or from a particular area. The baton is also used as a means to protect oneself, specifically as a defense measure against opposing appendages that pose a threat to yourself, your fellow Soldier or a law enforcement officer. Soldiers are explicitly taught the baton will not be used to deliberately strike another person on the head, neck, solar plexus, spinal column, kidneys, or the groin area. As unlikely as it might have seemed that we would actually be putting this training and knowledge into practice, overnight it became a reality that we would now have to put everything we have learned to the test in a real-life situation.



Above: Utah National Guard Soldiers provide support to Utah Highway Patrol officers as they help maintain peace and protect life and property in Salt Lake City, Utah. Utah National Guard Soldiers drove their humvees in a convoy to downtown Salt Lake City, Utah.

Below: Juan Pedia donates drinks to Soldiers and police maintaining security in Salt Lake City, Utah, May 31, 2020. Juan is one of many civilians who came to thank Soldiers and police for maintaining security following civil unrest that occurred the night before.



Hundreds of Soldiers received the call and started arriving at the armory for their orders. The feeling was surreal as we were being briefed on the current situation within the Salt Lake City downtown area. Thousands of protesters had gathered, rioters were looting and vandalizing local businesses and public buildings, there were reports of two vehicles being flipped over and set on fire, a report of a man with a bow and arrow, and bricks and rocks being thrown at police and buildings. All of this and more was being briefed to Soldiers; while at the same time being handed our M-16s, protective riot gear, a shield, and a baton. In what seemed to be organized chaos, hundreds of Soldiers were quickly dressed head-to-toe in riot gear, to include their kevlar helmet with an attached protective face shield, protective gloves, body armor, shield and baton in hand, shin and boot guards, with our M-16 slung across our backs. Tensions were high and adrenaline was pumping as Soldiers stood ready and equipped to start helping law enforcement.

Before entering the fray, we were all addressed and briefed by our battalion commander. He reminded us that in the midst of all the chaos that was happening, we as Soldiers needed

to remember two very important things. First, we needed to remember at all times that the protesters are our neighbors, and we needed to treat them with respect while still maintaining the mission of assisting law enforcement. Second, we needed to remember and trust in the training we had received. As surprising as it might have seemed that we were being ordered to assist in riot control, we have been trained for this and needed to trust in what we have been taught.

Maneuvering through the streets of downtown Salt Lake with a convoy of 20 Humvees nearly felt like we were in a holiday parade. People were sitting outside of their homes in their lawn chairs, smiling and waving as we passed by, taking pictures and videos along the way. As each Humvee arrived at their assigned location and Soldiers were tasked with standing outside on a certain corner or street, the words of the battalion commander started ringing truer than ever before. People were walking by on the street waving and smiling or yelling out through their car window, "Thank you for your service!" These people were our neighbors and they genuinely appeared happy and appreciative that we were there. The adrenaline that was

Utah National Guard Soldiers support law enforcement at the Public Safety Building in downtown Salt Lake City, Utah, June 1, 2020. A Soldier stands at a reduced posture appropriate for the activity of the crowd, ready to respond if protesters attempt to enter the Public Safety building campus.



previously coursing through our veins as we were getting ready to head downtown now seemed to be replaced with a calm, tranquil feeling. A feeling of appreciation and honor.

This is not to say that we did not face opposition or hostility. As large groups of protesters gathered on street corners and marched to different public buildings, expressing their concerns over law enforcement and other matters, there were those few that opposed our presence and made their discontent verbally known. Some protesters yelled in our faces, called us names, and tried to provoke us. Despite how angry or verbally upset some protesters might have been, the constant reminder that these people are still our neighbors and deserved to be treated with respect helped calm our nerves and remind us why we were there.

Day after day, as we manned our assigned locations, some of the faces we saw, either taking their morning stroll in the park or their early morning dog walks, began to become more familiar. As I reflect upon my time during the mission, I knew I would be mentally prepared as a result of the training we had received throughout the years, as well as physically prepared with the non-lethal equipment we needed. It wasn't until our training was put to the test in a real-life scenario that I realized a very important lesson: a shield and baton, although they are effective non-lethal tools, were not the only non-lethal means we had at our disposal. Sometimes, a simple "Hello," "Good Morning," or "Stay Safe," was the most effective tool we could use. 🇺🇸

— ARTICLE BY 1st Lt. Benjamin Hill,
HHC 142nd Military Intelligence Battalion
PHOTOS BY Sgt. Ariel Solomon and
Sgt. 1st Class John Etheridge

Soldiers from the Utah National Guard stand at their post at the Public Safety Building and Salt Lake Capitol, June 2-3, 2020 in Salt Lake City, Utah. Soldiers from the Utah National Guard supported civil authorities to help maintain peace in the wake of protests over the death of George Floyd. Utah Governor Gary Herbert activated approximately 200 Utah National Guard Soldiers and Airmen to assist law enforcement partners to protect life, preserve property, and uphold the rule of law to include the right to peacefully protest.



Forgiveness is not about the other person, it's about YOU

Maybe it's the pandemic. Maybe it's the civil unrest. Maybe I'm just getting old. I saw a t-shirt that said, "Don't make me repeat myself" -History. The truth in that short and somewhat sarcastic statement has been bothering me.

History is my first love, and as a former history teacher, there is nothing I love more than puzzling together nuggets of information to create a whole picture. I love the big broad view of war and change and mistakes; and the micro peek into the stories of families and individuals living through history.

I imagine being a spectator at a football game, cheering for a certain outcome, knowing the whole time what the outcome will be. There is a common theme throughout history that I am always rooting for; the act of forgiveness. How many lives would have been spared if someone forgave? As I ponder forgiveness, I wonder what would our country and world look like if we started to forgive ourselves and those close to us?.

Here are my thoughts on forgiveness.

There is forgiveness of others and forgivingness of one's self. Out of the gate I want to be clear that forgiveness does not mean you must have a renewed relationship with someone. We can forgive the dead. We can forgive our 10-year-old self.

There is a school of thought that says someone must ask for forgiveness in order for it to be given. I disagree. Forgiveness is not about the other person, it's about YOU making peace with the actions of another and letting your anger and hate go. It's about avoiding what fake Buddhists quotes say about unforgiveness, "It's like drinking poison and expecting the other person will die."

It's about trying to understand another's point of view and empathizing with their experience. Now, most people are on board with forgiveness, but to empathize—nah! There is a fear that if you empathize, the other person "wins". That is stinkin' thinkin'!

And what if you forgive yourself for actions you feel shame or guilt about? Whoa! That's really hard because most negative self talk boils down to the belief that "I am not good enough." "I'm not good enough for that job, promotion, relationship, and I am definitely not good enough to forgive myself for past thoughts or behavior."

Unfortunately, unforgiveness of oneself can lead to substance abuse, domestic violence, and suicide because it creates an unsettled mind and body state that steals you away from the peace that belongs to you.

What would result if you let go of anger and resentment and you forgave others and yourself? Peace in our own bodies. Peace in our families. Peace in our community. Peace at work. Peace on social media (lol). Peace.

I wonder if the peace that you, the forgiver will experience can change the course of your family and have a waterfall effect, ultimately ushering in peace into our country, our world and changing the course history.

If you or someone you know is struggling with anger and resentment please consider reaching out to a mental health provider, a Utah Military Family Life Consultants, or a chaplain. You are worth it! This is Life Encouraged. 📧

— Andrea Phillips, LCSW Program Manager

There is a forgiveness of others and forgivingness of one's self. Unfortunately, unforgiveness of oneself can lead to substance abuse, domestic violence, and suicide, because it creates an unsettled mind and body state that steals you away from the peace that belongs to you.

Utah Military Family Life Consultants provides no-cost counseling services to Utah National Guard service members and their families. Contact a MFLC for more information:

Andrea Phillips, Program Manager: 801-432-4622 Draper
Bruce Jenkins: 801-878-5480 Camp Williams

Jake Vickrey: 801-716-9228 Draper and Camp Williams
CJ Gibbs: 435-867-6518 Cedar City and St. George

Civil Unrest in the Nation's Capital

Monday, June 1, at 1 p.m., I get a call from our readiness sergeant.

"I need you to find out from your guys who is deployable right now. Email that info to the full-time guys. Anyone living local should be at the Aaron Butler Readiness Center at 1800 hrs. [6 p.m.] with their gear ready to go to D.C."

"Got it."

I start texting and calling my team and sent an email to the full-timers at 1:53 p.m. At 1:58 p.m., I get a text from one of the full-timers: "1500 [3 p.m.] if possible."

I shoot a text back: "I don't think anyone can be there by 1500. I'll see."

"We are mustering at 1500," came the reply.

When I arrived at 3:45 p.m., there were already two groups of 50 Soldiers loading buses and preparing to leave for the Roland Wright Air National Guard Base in Salt Lake City. The staging area was packed and humming with Soldiers organizing, stuffing gear and meals ready to eat or MREs into their bags and tagging their belongings. I was directed to an admin table.

"DD93 good?" Check. "SGLI?" Check. "No profile?" Check. "OK, next stop is supply. Go out this door behind us."

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In June 2020, thousands of Soldiers and Airmen from National Guard units across the nation were activated to respond to civil unrest in their states and in the nation's capital, Washington D.C. The involvement of service members in these Defense Support of Civil Authorities missions came only a month after Americans commemorated the 50-year anniversary of the Kent State shooting. This tragic anniversary of Kent State, along with other periods of National Guard activations due to civil unrest, and the eruption of anger and frustration from across the nation over social inequality brought to light following the terrible death of George Floyd, provided a lens to understand the complexities of this type of mission.

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The following is the story of how 200 Soldiers from Utah's 19th Special Forces Group (Airborne) responded to the national command authority's request for support during a very volatile time. It is about how they successfully and skillfully fulfilled a DSCA mission in a commendable way.

On Monday, June 1, 2020, Utah's Gov. Gary Herbert received a request from the national command authority to send 200 Soldiers to the nation's capital. Brig. Gen. Michael J. Turley, the adjutant general, Utah National Guard immediately called senior leaders to provide his command guidance for the mission they were about to embark on. First he expressed his gratitude for all of the Soldiers who volunteered for the mission and then gave guidance on how Soldiers must always keep in mind that the protesters are fellow Americans, and the 19th SFG(A) Soldiers were activating to protect the rights of citizens to peacefully protest. A few days later, he sent a letter to the entire Utah National Guard force to reinforce the purpose of the Guard's support during civil unrest.

"As service members, your duty remains first-and-foremost to support and defend the Constitution of the United States of America," said Turley. "Many of you are feeling pain, frustration, and even anger over recent events. Regardless of private feelings, our role as service members is to remain neutral and to faithfully serve our state and nation as needed. Make no mistake, this is one of the most difficult missions we face. As difficult as it may be, it is one we are trained and ready to do. I have faith and confidence in your ability to be uncompromising in our values while maintaining compassion and understanding for our citizens and the complex issues facing our nation." Not long after the unit received the initial request and Turley's guidance to the his Soldiers, all 200 Soldiers from the 19th SFG(A) landed in Maryland, arriving at 3 a.m. Tuesday morning. The Soldiers were transported to Maryland by the Utah Air National Guard aboard four KC-135R Stratotankers (refueler) from Wright Air National Guard Base, Salt Lake City, Utah, to Joint Base Andrews, Maryland. Activating 200 Soldiers and moving them across the United States in a matter of hours is a difficult feat, to say the least. Soldiers and Airmen

simply dropped what they were doing in their civilian lives, quickly packed, kissed their families goodbye and immediately responded to a call for help.

By 8 a.m., Tuesday, all 200 Soldiers had arrived at the Marriott Marquis in downtown D.C. Senior leaders coordinated with the D.C. National Guard and local police while group leaders conducted sensitive items inventories and verified personnel rosters. Everyone was told to report to the conference room at 3 p.m. for a mission brief. Everyone, except the first 50 Soldiers to land in Maryland, since they arrived in the middle of the night. By 2 p.m., they were already en route to Lafayette Square and by 5:30 p.m., they were already fully integrated with the D.C. Guardsmen and local police who had been on continuous duty for three days. These local authorities were exhausted and happy to see that help had arrived. Soldiers received initial briefs from police as they continued to arrive at the park.

“Be careful guys,” the Soldiers were advised. “Police and Guardsmen have been hit by bricks, glass bottles, rocks and other projectiles. There have been many injuries, a few of them serious, so stay alert.”

Parks officers had placed fencing around the park to create a buffer and prevent further confrontations and vandalism. Broken bottles, bricks, water bottles and other debris littered the

grounds of Lafayette Square from a full night and day of people protesting. Bricks were missing out of the sidewalk of H St. SW. Monuments had been defaced and spray-painted. A public bathroom in the northeast section of the park had been torched and the ensuing fire completely gutted the building. During demonstrations on Sunday night, March 31, a fire had been lit in the basement of St. John’s Episcopal Church. Built in 1815, it is known colloquially as the “church of the presidents,” because almost every president since James Maddison has attended a service there.

The 19th SFG(A)’s 200 Soldiers took turns throughout the night, rotating into the police line just inside the fence, along the northern boundary of Lafayette Square. Equipped with riot shields, face masks, helmets and batons, they stood south of the fence observing demonstrations.

Near midnight, demonstrators began rocking the fence. This was not the first time, but it was certainly their most aggressive attempt and it seemed they were going to bring the fence down. To prevent numerous likely injuries from the large crowd potentially trampling each other over a downed fence, and to avoid any possible eruption of physical violence, the Parks Police rapidly moved every Soldier and police officer with a shield up to the fence. Soldiers and police were immediately pelted with rocks, bottles and other debris. The Soldiers focused

Soldiers of the 19th Special Forces Group (Airborne) in the Ellipse Park, Washington D.C., June 4, 2020. — PHOTO BY Spc. Jacob Jespersen





Soldiers in the 19th Special Forces Group (Airborne) help clean-up Lafayette Park, Washington, D.C., June 3, 2020. — PHOTO BY Spc. Jacob Jespersen

on supporting the Parks Police and holding the line to prevent the fence from falling. The situation was very tense for everyone present.

Protesters remained engaged for a few more hours, but they did not make another concerted effort to bring the fence down. Around 3 a.m., Wednesday morning—after two-and-a-half whirlwind days—the 19th SFG(A) Soldiers were finally able to rotate off the line, taking half-hour naps on the southern park grounds.

When dawn broke on June 3, some Soldiers noticed that a handful of parks employees had arrived to clean-up trash and to paint over graffiti on the burnt-out bathroom. Exhausted, but looking for something positive to do, a few Soldiers began helping clean-up garbage—days' worth of junk that piled up as a result of the demonstrations in the area.

Some other Soldiers asked for extra brushes and paint so they could help cover the graffiti. The positive initiative of these first few individuals quickly morphed into a group effort and what would have been at least a full day's work for the park's personnel, the 19th SFG(A) Soldiers had the mess cleaned up in under an hour.

Soldiers departed for the Marriott Hotel around 12 p.m. with instructions to report—ready to go—to the conference room at 6:30 p.m. Gathering in the conference at the appointed time, Utah's Senators Mike Lee and Mitt Romney had come to express their appreciation for efforts of their home-state Soldiers. Before departing, Senator Lee offered a prayer for the safety of the Soldiers and the demonstrators, asking God to help improve the situation of all involved. Leadership then announced that the night's mission would be at Lafayette Square again, from 8:00 p.m. to 2:00 a.m.

Arriving at the park on Wednesday night, police had moved their positions to just outside the fences around Lafayette Square, establishing police lines in three locations. One line faced west on H St. NW, between Lafayette Square and the U.S. Chamber of Commerce building. Another line faced north on 16th St. NW (now Black Lives Matter Plaza) between the AFL-CIO and Native American Contractors buildings. The third line faced east on H St. NW, between the park

and the St. John's Parrish House. Integrating with police, 50 of the 19th SF Soldiers were placed on the first line and 100 on the second while the last 50 were held in a reserve position in front of the Hay Adams Hotel. Soldiers from a different unit worked the third line facing east. In case of injuries—whether Soldier, police, or protester— an emergency-aid station was set up at the intersection of H St. NW and 16th St. NW.

Wednesday night's positions put Soldiers face-to-face with protesters. All of a sudden, Soldiers found themselves intimately surrounded by protesters who were experiencing a wide range of pain, anger and frustration. After two decades of people saying, "thank you for your service," the vitriol and hostility coming from some of their fellow Americans was jarring.

On H. St. NW between the park and the U.S. Chamber of Commerce building, one young man paced back and forth while screaming at Soldiers, "I hate you. I hate you and I don't even know you. I wish I could kill you right now. If I killed you, I wouldn't miss a minute of sleep."



Senators Mitt Romney (foreground) and Mike Lee speak to 19th Special Forces Group (Airborne) Soldiers at the Marriott Marquis conference room in downtown Washington D.C., June 3, 2020.

— PHOTO BY Spc. Jacob Jespersen

Another young man spent 10 to 15 minutes smoking a blunt and exhaling into police and Soldiers' faces. Soldiers and police displayed an admirable degree of self-restraint, remaining unprovoked despite the tenuous conditions.

Other Soldiers were intermittently able to engage in meaningful conversations. In stark contrast to the young men mentioned above, one young lady in a red shirt and red face mask used her protest sign to fan police officers. While fanning them, she said kindly, "I know you're hot and you probably don't want to be here." With apparent pain in her eyes, it was touching to see her looking for a way to ease the discomfort of those who represented what she had come to protest. Her kindness stood out in blazing contrast to the frenzied young man screeching death threats. People like her will be the ones with the power to mend wounds and heal this nation's divide.

On the north-facing line on 16th St. NW, demonstrators would occasionally grab at and/or push on shields, and for the 19th SFG(A) Soldiers, it was certainly the most contentious position. Despite the situation there were moments where Soldiers and demonstrators were able to engage in edifying personal conversations. One Soldier had multiple demonstrators ask him about a wrist band he was wearing. Taking it off, he handed it to a lady, stating that it represented a police officer friend of his who had fallen in the line of duty. Looking it over while reading the officers name, she responded empathetically with, "so you're hurting too?"

One young demonstrator said that he had been a member of the D.C. Army National Guard. He and a few Soldiers quickly found common ground talking about shared experiences and service to the nation. Another Soldier mentioned to demonstrators that he was missing his wife and newborn baby. Protesters discovered that when the group is not shouting, and calm and respectful dialogue is used, it is not hard to find commonalities.

One Soldier on the north facing line on 16th St. wrote that on "multiple occasions during the night, people pleading or demanding that their cries



Soldiers with Utah's 19th Special Forces Group (Airborne) create a perimeter around Lafayette Square, in Washington, D. C., June 3, 2020.

— PHOTO BY Spc. Jacob Jespersen

be heard approached me. Some assailed me with insults, some begged for an audience.”

Speaking with those that were affable, he found commonalities by sharing the moral and ethical beliefs that the Army teaches. This Soldier is seen fist-bumping a young lady at the end of their conversation.

“I gave her an audience to express her views and we found common ground in shared experiences and a shared desire for a better America. As she left, I think it is fair to say that we each

had a greater respect for each side that evening,” he recalled. “Situations like this give me hope that as a nation we can find those things that bring us together and we can focus on our shared future while finding better ways to prevent circumstances that tear us apart.”

As the night progressed, leaders walked up and down the lines reminding Soldiers to stay on their toes. After midnight, and long after curfew, a white four-door vehicle turned south on 16th St. and, with music blaring, it advanced slowly towards the line. Noticing this, demonstrators started sitting on the ground. It would be pure speculation to guess at the driver’s intentions. Regardless, these protesters who had remained late into the night to demonstrate effectively turned themselves into obstacles between the vehicle and the recipients of their frustration. It was a wonderful example of instinctive humanity piercing through anger. The vehicle eventually drove off.

The 19th SFG(A) Soldiers were finally relieved around 3:30 a.m., Thursday, June 4. Entering day three in D.C., MREs were running low and uniforms were starting to stink. Soldiers had had very little down time and they were feeling drained. Travel, stress from the confrontations and unpredictable situations, and reduced sleep on an inverted sleeping cycle were starting to take their toll. Messages sent between the 19th SFG(A)’s leaders Thursday morning shows that instead of getting much-needed sleep, they were looking for solutions to keep their Soldiers fed, reviewing and inventorying equipment and coordinating with D.C. leadership.

Thursday evening, June 4, Soldiers reported to the Ellipse Visitors’ Pavilion to the immediate south of the White House. They were told they were now being held as a Quick Reaction Force. Thick clouds began to roll in while they rehearsed with Bureau of Prisons officers. After rehearsals, Secret Service officers pulled up and handed out to-go boxes filled with much-appreciated chicken, rice, and veggies. Real food is a coveted treat after a steady diet of MREs. Those ominous clouds finally opened up around 7:30 p.m. as



Above: A young lady uses her protest sign to fan police near Lafayette Square, June 3, 2020. Below: A protester stands opposite the line of Soldiers from the 19th Special Forces Group (Airborne) during civil unrest in the nation's capital June 3, 2020.

— PHOTOS BY Maj. Brent Mangum



Soldiers ate their meals. Sitting on the grass in groups, tired and now drenched, they found humor in the uncomfortable situation. With a mouth full of chicken, and with rice and veggies floating in his to-go box, one Soldier blurted out “at least my chicken is moist!”

Around midnight while still on mission, the 19th SFG(A)’s Soldiers were gathered under the pavilion trying to dry off when they learned that they would have to leave the Marriott by noon due to a contacting issue. This relocation gained a significant amount of media attention. The Soldiers were used to operating in austere environments, thus they were grateful to have had a hotel in the first place. In fact, they had all brought their sleeping bags when they left Utah, expecting to spend their nights in parks or on the D.C. armory floor.

The schedule they received was “0200 come off mission, bus to hotel. 0400 bed. [...] 1200 checkout, bus to armory, leave luggage on the floor, report for next mission.” Anyone who has spent time in the military knows that timelines are always best-case scenarios; they tend to shift and there are always implied tasks. So, it was once again another short “night’s” rest.

Friday, June 4, Soldiers bussed to the D.C. Armory and waited for leadership to decide where they would stay. Folding tables and staff sections were laid out all over the drill floor that had turned into a makeshift operations center. Thousands of Soldiers from other states had now arrived and they waited in the bleachers while their leaders buzzed about the building. Despite the clothing, gear and activities that made the whole situation feel similar to an overseas deployment, leaders from the top to the bottom continued to emphasize and reemphasize that this was not a deployment to a hostile foreign country. They continued to reinforce the adjutant general’s guidance and stressed that the citizens on the other side of the lines were not “the enemy,” but our neighbors and fellow citizens. They highlighted that the United States Constitution that service members had pledged to support and defend, guaranteed those demonstrators’ First Amendment right to “freedom of speech, or of the press; or the right of the people to peaceably assemble, and to petition the government for a redress of grievances.” Leaders constantly reiterated that the various states’ Soldiers and Airmen were there to preserve life, protect property and restore civil order.

At 4:15 p.m, the 19th SFG(A) Soldiers loaded buses and moved to the Double Tree in Crystal City, just south of the Pentagon. Soldiers dropped their bags and equipment in a ballroom and had a few minutes to prepare for the night’s mission. They also received a surprise visit from the National Security Advisor, Robert C. O’Brien.

On behalf of President Trump, Ambassador O’Brien said he had come to express his appreciation for their work. He spoke for a moment about the demonstrations occurring across the nation, saying that both he and the president had seen the George Floyd video and they were both appalled and disgusted

with what they had witnessed. As other leaders had mentioned, he emphasized that we were there to protect the protesters’ constitutional right to peaceably assemble. He again thanked them for helping restore an environment where citizens could voice their frustrations in a safe and peaceful atmosphere.

After Ambassador O’Brien’s visit, the 19th SFG(A) Soldiers were bussed to the Office of Management and Budget building to the west of Lafayette Square where they were again held as a Quick Reaction Force. Having a place indoors was fortuitous because another storm had rolled in and a shelter-in-place warning was in effect. The evening prior, a bolt of lightning had struck and split a tree in the Ellipse park, very near where Soldiers were eating their meals. Leadership did not want to take unnecessary risks in another thunderstorm.

Friday night was uneventful. Soldiers spent their time talking about their experiences over the last few days and discussing plans for the next day, Saturday, when city authorities said they were expecting many thousands to participate in demonstrations. The 19th SFG(A) were told that they would be on call again, stationed at the Ellipse Visitor Pavilion until demonstrations ended. Since they would be on duty all day, and since they had not yet checked into their rooms at their new location, they were released around 11:30 p.m. to get some much-needed rest. Before departing, a Soldier offered a prayer, asking God to keep both the Soldiers and demonstrators safe.

Saturday, June 6, went as well as could be desired. Soldiers remained at the Ellipse Pavilion for most of the day watching from a distance thousands of demonstrators peacefully marching north up 17th St. Local authorities said that some demonstrators had thrown backpacks over the fences and into the parks. This initially spooked authorities because, after investigating, they found the backpacks full of accelerants and lighters. But, after it occurred a few more times, authorities realized that well-intentioned citizens were finding these prepositioned backpacks and intentionally throwing them over the fences, making them irretrievable and unusable. It was a very positive bit of news with which to start the day. To make things better, Soldiers learned that they would be heading home the next day.

With evening approaching, the Secret Service repositioned the 19th SFG(A) Soldiers around the Ellipse Park. Some citizens hollered at Soldiers as they walked by, telling them to go home and shouting other derogative comments but, as previously mentioned, the day passed peacefully.

Soldiers left the park around midnight and went straight to packing. Leadership put out that Group 2 would be on a bus to the armory at 8 a.m. to retrieve weapons and ammo. Groups 1, 3, and 4 would load buses at 10 a.m. Information flow stopped at 2:15 a.m. and started up again at 6:04 a.m.

On Sunday morning, June 7, Soldiers were bussed back to the JBA theater where they had staged the first night they landed in Maryland. They palletized gear, filled out paperwork and prepared to head home.

General Joseph L. Lengyel, the 28th Chief of the National Guard Bureau and a member of the Joint Chiefs of Staff, stopped by and thanked the 19th SFG(A) for their quick and professional response to the D.C. National Guard's call for support. He pointed out that the 19th SFG(A)'s Soldiers had been positioned to the immediate north and south of the White House because of their maturity and dependability. He told them that they had worked admirably before awarding coins to a few standout Soldiers.

In his comments, Gen. Lengyel asked Soldiers to reread the U.S. Constitution, emphasizing that as members of the National Guard, they were chosen for this mission because of their "unique status as citizen Soldiers; citizens just like the demonstrators that you came to protect." He added that as citizen Soldiers—teachers, truckers, construction or health-industry workers, etc.—the National Guard has a close connection to their fellow Americans and this closeness helps them to better understand the protesters frustrations and respond properly. He highlighted that dealing with civil unrest in a domestic role may be one of their most difficult missions because "you are dealing with fellow citizens."

Gen. Lengyel reported that in the 10 days since civil unrest had begun, more than 43,000 Guard members in 33 states and the District of Columbia were helping law enforcement respond to the ongoing civil unrest, adding that nearly 5,000 members of the National Guard from 11 different states had come to Washington D.C.

"I'm proud of you and your supporting families. I've been in this business for 39 years, so I understand your sacrifice and commitment and I appreciate it. I got into this business because I wanted to fly F-16's, but I've stayed in it because of people like you. Whatever it is that motivates you to serve, I hope it keeps you serving. I'm struck by the momentousness of this event specifically and I hope that we as a nation are able to make the right changes. You're lucky to be a part of the National Guard, an organization of great equality; one that supports and defends the Constitution of the United States."



Gen. Joseph L. Lengyel, chief of the National Guard Bureau and a member of the Joint Chiefs of Staff, thank 19th Special Forces Group (Airborne) Soldiers for their quick and professional response to the D.C. National Guard's call for support, June 7, 2020.

— PHOTO BY Spc. Jacob Jespersen

Arriving in Utah on Sunday evening, 19th SFG(A) Soldiers deplaned and were met by the command teams of the Utah National Guard and the 19th Special Forces Group, Brig. Gen. Michael Turley, Command Sgt. Maj. Eric Anderson, and the 19th Special Forces Group (Airborne) Commander, Col. Paul Peters and Command Sgt. Maj. Jason Legler.

Like the other leaders that the 19th's Soldiers had met over the past week, these Utah leaders thanked their Soldiers for their willingness to serve, mentioning that they were especially proud of how well the 19th SFG(A) had represented Utah. Since they were members of a Special Forces unit, and since they were the first non-local troops to arrive in Washington D.C., the 19th SFG(A) Soldiers had received a lot of national attention. Writers and analysts—with positive and negative commentary—had remarked on seeing Soldiers wearing the Special Forces shoulder patch, the iconic arrowhead with a dagger and three lightning bolts.

Notwithstanding those comments, requesting the 19th SFG(A)'s mature and seasoned Soldiers turned out to be a benefit for the complexity of the mission. Many of them have multiple deployments and years of experience operating in high-pressure environments. Moreover, the 19th's culture is one that encourages finding unconventional solutions to problems, preferring to engage brains before triggers. It is a culture that counts it a win when they can deescalate a situation and avoid unnecessary violence. Unquestionably, it was this culture and the Soldiers' maturity and patriotism that made the 19th SFG(A)'s Washington, D.C. mission a resounding success. 🇺🇸

— ARTICLE BY Maj. Brent Mangum



Protecting the force

SALT LAKE CITY, UTAH— Utah National Guard Mobile Testing Team member wearing protective gear to conduct nasopharyngeal sample collection on Soldiers and civilians in Salt Lake City to check if they are a carrier of the novel coronavirus, COVID-19, May 27, 2020. To collect a sample a flocked swab is sent through the nasal cavity and will stay there for 20 seconds, be twisted and removed. 📷

— ARTICLE BY Spc. Bryton Bluth / PHOTO BY Spc. Jacob Jespersen



Utah Army National Guard's "Monuments Men" return to Salt Lake City following D.C. civil unrest

WASHINGTON, D.C. — Approximately 200 Utah National Guard Soldiers returned to Salt Lake City, June 7, 2020 following an activation at the request of the Secretary of Defense to augment civil authorities in Washington, D.C. amid civil unrest. Soldiers from Group Support Battalion, 19th Special Forces Group (Airborne) spent five days in D.C. providing security at national monuments and assisting in cleanup efforts. 📷

— ARTICLE BY 1st Lt. Mark Sagvold / PHOTO BY Spc. Jacob Jespersen



Utah Air National Guard Colonel Daniel Boyack promoted to Brigadier General

SALT LAKE CITY, UTAH —

Col. Daniel Boyack, commander Utah Air National Guard, is pinned on by his wife, Michelle and father, Lt. Col (ret) Paul Boyack, as he promotes to the rank of Brigadier General at a promotion ceremony at Roland R. Wright Air National Guard Base, Salt Lake City, Utah on June 6, 2020. Boyack assumed his current post in June 2019, and is responsible for the command, control and operations of plans and programs for more than 1,400 Utah Air National Guard Airmen. 📷

— ARTICLE BY Maj. Ryan Sutherland / PHOTO BY Tech. Sgt. John Winn



Reforged Best Warrior Competition names Utah Soldier of the Year

CAMP WILLIAMS, UTAH — Soldiers and Airmen with the Utah National Guard start off during the ruck march portion of the state level Utah National Guard Best Warrior Competition held July 7, 2020 at Camp Williams, Utah. The competitors were tested physically and mentally during a long and grueling day that included a rifle range, ruck march, physical fitness test and a military board. The annual competition is designed to challenge and select the best junior enlisted and best noncommissioned officer in the Utah National Guard to move on to the regional competition. 🇺🇸

— ARTICLE AND PHOTOS BY Sgt. 1st Class John Etheridge



Guard Soldiers achieve marksmanship overmatch in Utah

CAMP WILLIAMS, UTAH— Staff Sgt. Wayne “Guido” Gray, California National Guard, engages targets in the Reflexive Fire match July 10, 2020, during the Marksmanship Advisory Council Region Seven Championships at Camp Williams, Bluffdale, Utah. Thirty-four Guard members from California, Colorado, Nebraska, Nevada, New Mexico and Utah spent three intense days in the mountains of Utah competing. Colorado took home the team championship title. 🇺🇸

— ARTICLE BY Sgt. Nathaniel Free / PHOTO BY Maj. Theresa Austin



Utah Guard hosts Region VII Best Warrior Competition

CAMP WILLIAMS, UTAH— Sgt. 1st Class Charles White, an operations non-commissioned officer with the 3/157th Regiment, carries a mock-scenario casualty for the Region VII Best Warrior Competition held at Camp Williams, Utah, July 28, 2020. Guardsmen from Arizona, California, Colorado, Guam, Nevada, New Mexico, Utah and Hawaii participate in the competition for the chance to move on to the higher-level Army National Guard BWC later this year. Best Warrior Competitions are designed to test Soldiers' mental and physical endurance with a variety of challenges to help the Army build strong and knowledgeable leaders. — ARTICLE BY Staff Sgt. Timothy Beery / PHOTO BY Spc. Elizabeth Johnson



Two Utah Guardsmen give all at Region VII Best Warrior Competition

CAMP WILLIAMS, UTAH— Staff Sgt. Jesse Shiner of the Utah Army National Guard participates in a weapons zeroing for the Region VII Best Warrior Competition held at Camp Williams, Utah, July 29, 2020. Guardsmen from Arizona, California, Colorado, Guam, Nevada, New Mexico, Utah, and Hawaii participated in the competition for the chance to move on to the Army National Guard BWC later this year. Best Warrior Competitions are designed to test Soldiers' mental and physical endurance with a variety of challenges to help the Army build strong and knowledgeable leaders. 🇺🇸

— ARTICLE AND PHOTO BY Pvt. Shaw Cox



The Adjutant General, Brig. Gen. (P) Michael J. Turley promotes to major general

SALT LAKE CITY, UTAH — Gov. Gary R. Herbert salutes the newly promoted Adjutant General, Maj. Gen. Michael J. Turley at the Utah State Capitol, in the Gold Room, Aug. 6, 2020. Gov. Herbert officiated at the ceremony and administered the oath of office. Turley's wife, MaryLou, pinned on his new rank with his family assembled in the Gold Room observing. Command Sgt. Maj. Spencer Nielsen unfurled and posted the two-star flag followed by offering the first salute. Due to COVID-19 social distancing those who attended in person were limited. The ceremony was broadcast on Facebook Live where hundreds were able to be a part of this historical day. 🇺🇸

— ARTICLE AND PHOTO Ileen Kennedy



151st SFS answers the call

SALT LAKE CITY, UTAH — Airmen of the Utah Air National Guard's 151st Security Forces Squadron answer the call of Utah Governor Gary R. Herbert, to provide an extra layer of safety and security in response to demonstrations and rioting at the Utah State Capitol, as well as the Salt Lake City and County Building.

Approximately 30 Airmen support state and local law enforcement during civil unrest in Utah following the death of George Floyd. Within one hour of receiving orders from Gov. Gary R. Herbert on May 30, the Airmen arrived at the Utah Capitol ready to assist. They were part of a group of nearly 200 Utah Army and Air National Guardsmen activated by the governor to help provide support to civil authorities and to ensure the safety of fellow-citizens and protection of property. 🇺🇸

— ARTICLE BY Maj. Marie Denson / PHOTO BY Tech. Sgt. Joe Davis



Utah's first Gold Star Families Memorial Monument unveiled in North Ogden

NORTH OGDEN, UTAH — Brig. Gen. Michael Turley, the adjutant general for the Utah National Guard gives remarks during the unveiling of Utah's first Gold Star Families Memorial Monument. Turley expressed his support for families of service members during his speech. Gold Star families were honored during the memorial dedication ceremony Aug. 1, 2020, as the monument was unveiled in North Ogden. Historically the "Gold Star" moniker describes family members who have lost a loved one in military service. The "Gold Star" originated during World War I, after being placed over a service flag's blue star, when a service member was killed in combat. The term has expanded to describe any family who has experienced the loss of a service member, regardless of whether the death occurred in combat. 🇺🇸

— — ARTICLE AND PHOTO BY Staff Sgt. Timothy Beery

AIR PROMOTIONS

LIEUTENANT COLONEL

Schembri, Philip A

MAJOR

Yaqub, Soliman

1st LIEUTENANT

Austin, Jessica S

SENIOR MASTER SERGEANT

Hansen, Jared C

Heath, Adam Lynn

Smith, Evan E
Wright, John Martin

MASTER SERGEANT

Allred, Heath D

Craig, Taylor D

Eagle, William R

Valdez, Cody L

Winn, John T

TECHNICAL SERGEANT

Crittenden, Bradley S

Gunning, Patricia Ann
Hurd, Michael Lawrence
Nybo, David R
Passey, Jeff B
Pierce, Derrick Andrew
Rollins, Evan Robert

STAFF SERGEANT

Bentley, Kristin

Clay, Kaden G

Ehlert, Cason Drew

Jones, Tanner R

Miller, John A
Smith, Rachel D
West, John T
Williams, Brittany J

SENIOR AIRMAN

Barnhart, Carson D

Camilletti, Logan C

Gonzalez, Jonald Allan D

Jones, Zachary B

Langeland, Skyler M

Loman, Ciara S

Packer, Sierra H
Ramos, Jeremy M
Russell, Shane B

AIRMAN 1st CLASS

Allen, Sam S

Bailey, Tyson L

Cordova, Monique A

Gregg, Jaden W

Myers, Samantha R

Smith, Riley L

Williams, Brian K

ARMY PROMOTIONS

MAJOR GENERAL

Turley, Michael James

BRIGADIER GENERAL

Henry, Larry Lee

COLONEL

Fuellenbach, Shawn M

Miner, Woodrow David

Springer, Gaylan Royal

Strong, Cody James

LIEUTENANT COLONEL

Adamson, Jason Ryan

Ahn, Edward

Flores, Steven Charles

Gunnarson, Egan Neal

Kuhni, Matthew Scott

Vernon, Christopher Jones

MAJOR

Bringhurst, Samuel Wade

Buffington, Mark Joseph

Chukwurah, Chukwuemeka Welo

Ellertson, Bradley Neal

Floyd, Jerrid Anthony

Garner, Keith Benjamin

Papproth, Carrie Catherine

Reddish, Trevor Hugh

Sorensen, Jared Lloyd

CAPTAIN

Broadwell, Jonathan Thomas

Christensen, Paige William

Fagan, Adrian Holbrook

Flores, Dustin Kealii

Mcdonald, Neil Arthur

Sagvold, Mark David

Whitaker, Bryan Ray

Wright, Whitney Shea

CHIEF WARRANT 4

Baird, Lonnie Joseph

Galbraith, Joseph Atine

CHIEF WARRANT 3

Boardman, Levi Eugene

Clark, Derik Allen
Hickman, Elliot James
Mounteer, Tyler James
Thatcher, Christopher Douglas

SERGEANT MAJOR

Lundell, Jed M

Mcdonald, Brady Demille

Muramoto, Joey Jack

Price, Thomas Daniel

Valdengo, Justin Paul

MASTER SERGEANT

Brice, Justin James

Fisher, Jeffrey Alan

John, Levi Scott

Smith, Travis J

Tabbal, Tory Nickolas

Weems, Richard Todd

SERGEANT FIRST CLASS

Allen, Shay Colby

Andreason, Somaya Nichole

Ashby, David Teancum

Crawford, Dexter Robert

Felshaw, Robert Daniel

Gwinn, Scott Douglas

Janabajal, Jayjay

Kujaczynski, Nicholas Randal

Murray, Wren Evan

Osman, Kimberly Ann

Puffer, Lenzy Jared

Russo, Daniel Thomas

Spencer, Jessica

Tueller, Daniel Jay

Villarreal, Omar Alberto

Wanlass, Brian David

STAFF SERGEANT

Arencibia, Antonio Ramon

Beckh, Charles Peter

Biesinger, Benjamin Neukam

Brown, Vincent Walker

Clark, Justin Isaac

Cook, Joshua Cho

Cosper, Sam Butler

Davis, Kody James

Hall, Chad Robert

Halowell, Taryn Shay
Isom, Matthew Michel
Johnson, J Ames Riley
Larsson, Stephen Richard
Mills, Cory Daniel
Nelson, Eric Dean
Nielson, Jonathan Davis
Olmedo, Omar
Olmstead, P Aul Lincoln
Phillips, Sarah Star
Rea, Geiber Eduardo
Rohbock, Shauna Linn
Sargent, Alec David
Schultz, Arom Christopher
Sloan, Matthew Brian
Tall, Jordan William
Taylor, Malachi Orion
Thomas, John Preston
Vandemerwe, Joshua Willem

Walker, Kimberly
Wallace, Hayden Shane
Warr, Rodney Russell
Webb, Brayden
Westwood, Samuel Jerard
Wiedmeier, Caleb Randall
Wilcox, Brandon Michael
Wilkinson II, David Lynn
Wiscombe, Konner Karl
Wright, Zachary Clint

SERGEANT

Adsit, Bryant Joel
Alvarez III, Jose Luis
Anderson, Taylor
Aston, Joseph Edward
Atebata, Patience Iziegbe
Bennett, Shawn Dale
Bennett, Stetson Gordon
Boyce, Andrew David
Bryant, Kade Anthony
Buck, Zachery Thomas
Bunting, Dallin Willard
Butterfield, Porter Mcgwire
Compton, Casey Rose
Coombs, Corbin Phillip
Dianda, Adama
Farrer, Justin Crue
Gonzalez, Claudia Adelita

Hall, Jesse Legrande
Hegemann, Luke Alexander
Jefferson, Samuel Nels
Jensen, Logan Lambert
Johnstun, Brandon Scott
Knudsen, James Verlin
Koshkin, Ivan Alekseevich
Leinonen, Christopher James
Martinez, Alex Gordon
Menlove, Parker Thomas
Mitchell, Christopher Joseph
Mortenson, Michael Scott
Murry, Adam Cole
Nordgran, Michael Max
Olsen, Alec Xavier
Opdahl, Jerod Jerome
Palmer, Jaron Cade
Perez, Maria A
Peterson, Jenifer Lynn
Pham, Viet Ky
Qaisar, Ahmed Mohammed
Rebman, Samuel Hirschi
Ricks, Tanner Emerson
Robert, Jordan Ivan
Rogers, Jayden Ray
Rohwer, Kolby James
Rougeau, Tyler Cross
Simons, Mathew Oakley
Smith, Cooper David
Stanley, Matthew Ray
Stephens, Kade Samuel
Thomson, Gregory Alexander
Turk, Timothy David
Tuttle, Thomas Zachary
Vanwagoner, Bronson Scott
Walker, Kyle Dean
Wilson, Michael Ryan

SPECIALIST

Abelhouzen, Chandler Ridge
Ahkuoi, Mikaylah Moenique
Anderson, Anthony JT
Andrews, Adam Leo
Barlow, Derek Ronald
Begay, Joshuawn Joshua
Black, Parker Jens
Boucher, Stephen Richard
Bravo, David Alejandro

Bruch, Ethan Thomas
Carter, Dexton Shane
Cervantes, Felipe Garcia
Christiansen, K Cole
Clark, Brenden Spencer
Coats, Trevor Laine
Corona, Eunice
Coumbs, Spencer Lawrence
Desandre, Zachary Moser
Dreyer, Megan Rylee
Dyer, Lydia Marie
Edwards, Bryson Murray
Falesu, Pelesala Juveon
Fayles, Spencer Patrick
Fischer, Margaret Ilene
Giatras, Alice Jane
Goodrich, Garret Andrew
Green, Keaton David
Hernandez, Miguel Gaspar
Holloway, Aaron Paul
Howard, Samuel James
Ihde, Jared Allen
Johnson, Dakota Thomas
Johnson, Pauline Marie
Johnson, Starla Shannon
Keeran-Edwards, Kristopher T
Krashowetz, Michael Kailen
Kunz, Christian Scott
Laney, Sheldon Scott
Leon, Jose Manuel
Love, Jeremy Robert
Lovejoy, Braeden Edward
Lundeen, Grady Ryan
Lunt, Hunter Chad
Maddox, Chase Anthon
Mccord, Alexander Ivins
Mendoza, Randallalbert A
Miller, Makenna Noel
Moss, Kevin Marcus
Nelson, Cobe Lowman
Peiffer, Christopher Sanford
Pham, Tan Nhat
Phillips, Thomas Wayne
Reynolds, Antonio Diego
Rizya, Amanda AJ
Robertson, Bailey Daniel
Rodriguez, Evelyn Nataly
Salasalcala, Daniel

Schipper, Nathan Allen
 Simmons, James Taft
 Tran, Trang T
 Warnecke, Grayce Dorothy
 Wells, Thomas Bruce
 Wilcock, Micah James
 Willes, Jordon Dean
 Wimmer, Gwynyth
 Yoshikawa, Jeremiah Vance
 Young, Davis Scott
 Young, Kody Corwin

PRIVATE FIRST CLASS

Alger, Taylor Jordan
 Andersen, Liesel Josie
 Anderson, Shannon Marie
 Angell, Joey
 Baker, Keith Joseph
 Barney, Kaleb Miles
 Baumgartner, Zakary Taylor
 Belnap, Talon Joseph
 Bias, Tereqe Oshea
 Bidwell, Nathaneal J
 Brice, Ashton James
 Brown, Alema William
 Bryan, Megan
 Butts, Isaac Aaron
 Carroll, Seth Alan
 Carter, Dominick Jared
 Chhe, Luke Thaisan
 Cox, Shae Lea
 Dorris Jr, Charles Lee

Edgel, Laith Wyatt
 Farrell, Dane Stephen
 Filoso, Ian Patrick
 Frandsen, Cierra Marie
 Galbraith, Ted Jerry
 Golsan, Cody Cristov
 Graham, Abraham Chase
 Grundy, Addison Maelynn
 Hallam, Wyatt Thomas
 Halliday, Reed James
 Hardy, Dale Vernon
 Harris, Wyatt Mcgee
 Hess, Jaxson Ford
 Horn, Robert James
 Hunter, Riley Kyle
 Jeys, Grace Victoria
 Johnson, Braden Paul
 Johnson, Derek Evan
 King, Jordan Richard
 Lawrence, Patrick Logan
 Lower, Elizabeth Michelle
 Lucas, Drake Gage
 Moo, Taw Nay
 Moulton, Keenan Eugene
 Orr, Cameron
 Perez, Caden Lee
 Peterson, Emilee Madisen
 Peterson, Ernest Connor
 Peterson, Noah Bryce
 Risenhoover, Kaden Derrickh
 Shepherd, Jacob Ray
 Smit, Zachary Craig

Smith, Ethan Kaleb
 Sorensen, Benjamin Howard
 Stewart, Natasha Grace
 Stockdale, Candan Dee
 Thorpe, Devyn Jay
 Tracy, Brayden James
 Tuttle, Jakoby Bojames
 Walker, Skyler Dan
 Ward, Staton Bradley
 Washburn, Alice Curcio
 Webb, Terrell Gordon
 Welch, Nathan Taylor
 Wilkins, Chad Nicolas
 Wisner, John Mark

PRIVATE (PV2)

Alfaro, Josue
 Arencibia, Antonio Tesai
 Baird, Bryce James
 Barnes, Christian James
 Barton, Caleb Jayrichard
 Belnap, Talon Joseph
 Bentley, Keaton Terry
 Best, Austin Charleswesley
 Braithwaite, Kaleb Rhys
 Breyer, Ethan Robert
 Chhe, Luke Thaisan
 Crispin, Hernandez Luismanu
 Cuatepotzo, David Geovanny
 Dahlia, Matthew Anthony
 Davis, Joshua Brian
 Doty, Aaron James

Epling, Roy James
 Evans, Degan Justindean
 Fike, William James
 Frandsen, Cierra Marie
 Gibson, Clint Darren
 Gibson, Terrance R
 Grant, Parker Wells
 Gribble, Jesse Artemus
 Hailstone, Jasmine Rebekah
 Hambleton, Noah Matthew
 Hansen, Koby Jonn
 Hickenlooper, Dirk Jay Jr
 Hughes, Thomas John
 Hunsaker, Christian Garth
 Johnson, Logan Eric
 Johnson, Victoria
 Joosten, Trevor Anthony
 Jorgensen, Jared Parker
 KleinSmith, Jack Butler
 Kramer, Ewan Thomas
 Lloyd, Hayden John
 Lopez, Alina
 Marquezchavez, Cynthia Y
 Marquezruiz, Vanessa
 Marsh, Brayden Ray
 Marshall, Tyler Wayne
 Matheny, Lita Rose
 Mcdaniel, Trevor Neal
 Mcdonough, Michael Kerry
 Michel, Luis Antonio
 Mickelsen, Kyle Clifford
 Montoyaruiz, Francisco E

Morgan, Seth Demetrius
 Morrison, Jesse Lee
 Murray, Austin Joseph
 Neilson, Jesse
 Ohmert, Benjamin Tammany
 Ortega-Padilla, Ivani
 Overbey, Donald Louis
 Paluso, Sean Teague
 Phillips, Logan Jay
 Pierce, Hannah Jolynn
 Pugmire, Marshall Jack
 Riddle, Casey Nolan
 Robinson, Jaxson Colton
 Rodriguezruiz, Erica Ibet
 Schick, Mason
 Sibal, Enya Monetautum
 Singleton, Mckade Parker
 Sloan, Megan
 Smith, Brady Andrew
 Smith, Talmage Fielding
 Smith, Travis Chace
 Sotelovasquez, Wendy
 Sproul, Nathan Robert
 Toledo, Dallin Christian
 Tweddell, Dallen Christopher
 Vande, Sluis Ryanscott
 Washburn, Alice Curcio
 Weihing, Jordan Charles
 Wilcox, Ethan Jess
 Zupal, Kolby Charles

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FLASHBACK PHOTO



Victory over Japan the end of World War II

Citizens and service members join in celebration in the streets of downtown Salt Lake City, Utah (corner of Main Street and 2nd South) following the announcement of Imperial Japan's unconditional surrender to the Allied Forces on Aug. 14, 1945, known as Victory over Japan Day, V-J Day or Victory in the Pacific Day, V-P Day, bringing an end to World War II. Three years, eight months, and seven days of pent up emotion from an all-consuming war were simultaneously released across the country in every form imaginable as thousands flooded the streets in celebration.

The year 2020 marks the 75th anniversary of the end of World War II. On Sept. 2, 1945, World War II officially ended with the formal signing of the Japanese Instrument of Surrender taking place on board the battleship USS Missouri in Tokyo Bay. At that time, Truman declared September 2nd to be the official V-J Day. (Image appears courtesy of Utah State Historical Society, The Salt Lake Tribune Collection.)

